

2012

Shape Up Your Habits

Minnesota State University Mankato

Follow this and additional works at: <http://cornerstone.lib.mnsu.edu/lib-services-govdoc-display-health>



Part of the [Collection Development and Management Commons](#)

Recommended Citation

Minnesota State University Mankato, "Shape Up Your Habits" (2012). *Health/Nutrition*. Book 16.
<http://cornerstone.lib.mnsu.edu/lib-services-govdoc-display-health/16>

This Book is brought to you for free and open access by the Government Documents Display Clearinghouse at Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato. It has been accepted for inclusion in Health/Nutrition by an authorized administrator of Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato.

Shape Up Your Habits

Sources

A 98.2: N 95/14	Nutrition and Physical Activity: The 100 Way
A 98.2: Y 8	Empowering Youth with Nutrition and Physical Activity
HE 20.2: H 34/32/CORR.	A Healthier You: Based on the Dietary Guidelines for Americans
HE 20.2: P 39/4/2010	Healthy People 2010: Understanding and Improving Health
HE 20.8: AC 8	Be Active Your Way: A Guide for Adults: Based on the 2008 Activity Guidelines for America
HE 20.8: AC 8/3	2008 Physical Activity Guidelines for Americans
HE 20.3858: EX 3/2	Exercise, a Guide from the National Institute on Aging and National Aeronautics and Space Administration
HE 20.7042/6: 2010/BRIEF	Health, United States, 2010 – In Brief
Y 4.AG 8/1: 111-5	Hearing to Review the State of Obesity in the United States
Y 4.AG 8/1: 111-28	Hearing to Examine New and Innovative Ways to Improve Nutrition and Wellness Programs
Y 4.G 74/7: OB 2	Conquering Obesity: The U.S. Approach to Combating the National Health Crisis